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THE PICKLE
HAS ITS PLACE

Rich in flavor, poor in vitamins. That's the latest report on the pickle. Tests of many common kinds of home-made pickles and relishes show that they contain very little vitamin C, much less than the fresh vegetables from which they were made. So pickles cannot take the place of fresh or canned fruits and vegetables in the diet.

The pickle has its place, nutritionists say, and that place is as an appetizer. Pickles and relishes are often very useful in relieving monotony of winter meals. But they are a poor substitute for foods that supply vitamins and minerals.

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